

## STRESS MANAGEMENT & MENTAL HEALTH

### A TWO HOUR WORKSHOP FOR THE WORKPLACE

Stress in our day-to-day lives, both at work and home, can impact on our physical and mental health. This practical workshop explores the relationship between stress and mental health and enables participants to recognise the signs/symptoms of stress, anxiety and depression. The session also provides evidence based information and practical approaches for addressing these often difficult life issues.

#### Course Aims:

- To raise awareness of stress and its relationship with mental health
- To enhance knowledge of how to prevent and alleviate stress
- To raise awareness of the potential impact of stress and mental health issues in the workplace.
- To reduce stigma and address prejudice re mental health issues
- To enhance participants emotional wellbeing and resilience

#### Director: Bernie Graham BA MSc FRSM MBPsS

Bernie Graham, Psychologist and Director of MHS, has worked in the mental health field for over 25 years. He has extensive experience of supporting people with 'severe and enduring' mental health problems and managing support teams. Staff training has been an intrinsic part of his work throughout his career. Bernie is a Fellow of the Royal Society of Medicine and a member of the British Psychological Society.

In 2006, Bernie launched MHS in order to focus on delivering a range of courses and workshops aimed at raising awareness of mental health issues and how to address them. He has trained diverse staff teams from a wide range of organizations including corporates (MITIE, Lend Lease, Vinci) government departments (The Home Office, The Foreign & Commonwealth Office), universities (Bath, Hertfordshire, Westminster) and charities (Shelter, The Royal British Legion, The Prince's Trust)

FOR FURTHER DETAILS PLEASE CONTACT US ON:

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